

# What you need: Week 4



## Beauty with Deborah

- Mirror
- Foundation
- Powder
- Concealer
- Mascara
- Eye Brow Products
- Highlighter
- Lip stick and lip gloss
- Brushes and sponge



## Aerobics with Arita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- A chair
- Ball
- Space to move



## Mindfulness with John

- A quiet room
- Relaxing music
- A comfortable place to relax
- Hand sanitiser



## Line Dancing with Gary

- Comfortable shoes
- Water
- Plenty of space
- Comfortable clothes



## Cooking Pizza with Eugene

- Apron
- Pizza base
- Red onion
- Scallion
- Ham
- Sweet corn
- Cheese grated
- Tomato Sauce
- Pepper
- Mixed herbs



### Oven

- 7-10 minutes

## Brown Bread with Brian

### Ingredients

- 350g Wholemeal Flour
- 125g plain white flour
- 1 teaspoon baking soda
- 275ml buttermilk
- 150ml Natural Yogurt
- 1 egg
- A little treacle
- A little rapeseed oil
- Porridge oats to sprinkle on top



### Oven

- 180 degrees for 40 minutes

### Equipment

- Mixing bowl, sieve, whisk, greased baking tin, spatula, jug,

### Yoga with Anita

- A drink of water
- Comfortable clothing
- Comfortable shoes
- Space to move in a relaxing room
- A yoga mat, mat or carpet
- Yoga block
- Blanket



### Baked Potatoes with Eugene

- Potatoes
- Salt Pepper
- Knife, Tinfoil, Baking tray
- Oven
- Ham, Cheese
- Tuna, Mayonnaise
- Sweetcorn, Lettuce, tomatoes, Basil Onion



### Cross Stitch with Jennifer

- Large Cross stitch mesh
- Needle
- Thread



### Gardening with Noel

- Winter plants - violas
- Small pot
- Peat
- Stones for drainage



### Art with Jenny

- Thin paper (old wrapping paper)
- Ruler
- Rubber
- Pencil
- Scissors



### Art with Andy

- Sponge
- Paints
- Water
- Brush
- 2 pages



### Literacy with Dylan

- Lesson sheet-PDF printed
- Pen



### ISL with Robert

- Comfortable space



### Guitar with Ruairi

- Guitar

